

FOOD AND NUTRITION SUMMER INSTITUTE NEWSLETTER

USDA Food & Nutrition
Summer Institute. North
Carolina Central University,
Durham, North Carolina.
June 27-30, 2004.

PLANS FOR 2004

The USDA Food and Nutrition Summer Institute (FNSI) is five years old. FNSI was created to assist nutrition programs at Historically Black Colleges and Universities (HBCUs) meet research, education, and workforce challenges in the 21st century, and ultimately, enhance the public health and general well being of the African American community. The Summer Institute model includes four focus areas: nutrition education and outreach, nutrition intervention research, nutrition policy, and nutrition linkages to the community. Moreover, knowledge of domestic and international nutrition issues is encouraged so that HBCUs can contribute to strengthening agricultural and health interventions to improve nutrition throughout the world. We've held meetings in Maryland, Ghana, and Alabama, and summaries of those meetings are chronicled on our website, www.ba.ars.usda.gov/cnrg/research/fnsi, under *Newsletter*.

In 2003, we broadened our horizons, welcomed the participation of Salish Kootenai College, a tribal college in Montana, and embarked on our first joint research projects, *"Nutrition, Physical Activity, and Diabetes: A Community Model"* and *"Nutrition, Physical Activity, and Diabetes: Investigating an Animal Model."* Collaborators on these projects include:

- Community Nutrition Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, USDA
- U.S. Army Research Lab

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RESEARCH UPDATE

Research projects spawned from the 2003 Summer Institute are progressing well. Dr. V. Michelle Chenault, Office of Science and Technology, FDA, continues to work with four Howard University students, Judyth Anglin, Chesney Blue, Reynolette Etienne, and Avis Graham, and faculty, Drs. Enid Knight and Thelma Baker. These students are investigating various aspects of "diabesity" and thus the impact of obesity and diabetes on health status using the sand rat, *Psammomys obesus*, as the animal model.



Judyth seized the opportunity and submitted a proposal to her Master's thesis committee and they've recently approved her project. Data collection will conclude in 6-8 weeks. Avis has drawn blood samples from 26 animals and will be conducting analysis of hemoglobin A1C and comparing results. Reynolette wants to mimic the sand rat's natural environment to facilitate the growth and production of the animals for use in diabetes research. Understanding the natural flora will elucidate the mechanism for maintaining the animal's health and carbohydrate balance. After much exploration she found a plant and seed laboratory source for *Atriplex halimus*, the sand rat's natural food, and obtained samples.

(Continued on page 3)

"...We get stronger when we dream, stronger still when we pursue our dreams."

by Eric V. Copage,
Black Pearls,



FNSI Research Abstracts Submitted to Professional Meetings

- Experimental Biology, Washington, D.C., April 17-21, 2004.
Abstract accepted
- International Society for Behavioral Nutrition and Physical Activity, Washington, D.C., June 10-13, 2004.
Abstract in review
- American Public Health Association, Washington, D.C., November 6-10, 2004.
Abstract in review



Plans for 2004 (cont'd from page 1)

- Office of Science and Technology, Food and Drug Administration, DHHS
- Families, 4H and Nutrition, Cooperative State Research Education and Extension Service, USDA
- Alabama A&M University
- Howard University
- North Carolina Central University
- Salish Kootenai College
- Southern A&M University
- Tuskegee University
- University of Arkansas at Pine Bluff



Alabama A&M University Campus

For 2004, our plans include completing data collection, disseminating the results in various venues, discussing the idea of a **virtual FNSI**, and planning for Africa in 2005. What does this mean?

- More details on the research projects are below.
- A **virtual FNSI** would allow us to leverage resources, enhance faculty development, take advantage of distance learning opportunities, and offer academic credit to students who participate in the Summer Institute.
- Our students must be adept in domestic and international nutrition issues. FNSI will be a satellite meeting to the *18th International Congress of Nutrition, September 19-24, 2005 in Durban, South Africa.*

We've got ambitious plans for 2004. Mark your calendars and join us at the **USDA Food and Nutrition Summer Institute**, which will be held at **North Carolina Central University in Durham, North Carolina, June 27 - 30, 2004.**

A Message from Dionne Toombs, Ph.D.

".....Just wanted to say Hi, and let you know what I'm doing in my new job. I serve as a Program Specialist for Food Science and Nutrition at the USDA Cooperative State Research Education & Extension Service. I help provide leadership and direction essential to accomplishing the objectives of the following competitive programs: Human Nutrition, Food Safety, and Food Quality. My job also includes assisting National Program Leaders to establish and coordinate policies, develop program solicitations and regulations, implement the merit review evaluation process, review content of peer evaluations, advise applicants on program processing requirements, and monitor grant performance. Lastly, another exciting aspect of my job is presenting at regional grant writing workshops. It's a lot of work, but I'm learning a lot and enjoying practically every minute."

Research Update (cont'd from page 1)

Currently a video camera is set up and trial tapes are under review so that she will be able to capture food consumption on various diets listed in her protocol. Chesney will use this same video camera to monitor the sand rat's activity levels.

March 30 marks the end of data collection for 10 students participating in the study, "Nutrition, Physical Activity, and Diabetes: A Community Model." The purpose of this project is to understand the relationship between community environment and the ability to eat healthy and be physically active to prevent diabetes. Demarcations for community boundaries were determined when the students identified the first major grocery store. The distance from the university to that store became the radius for a circular boundary or convenient boundary for the study. Most of the schools had to design a convenient boundary because of natural geographic constraints, which prevented a perfect circle around the campus. For example, on one side of Howard University lies a city water reservoir. Mountains form the back of Salish Kootenai College and the great Mississippi River borders a portion of the Southern University campus.



Judyth Anglin in the laboratory

Undaunted the students dealt with the natural elements, conducted a pilot study in September, and began data collection in October. They have submitted these data on a monthly basis and to date we have information on over 200 food outlets, 18 physical activity outlets, and 13 nutrition assistance programs in their neighboring university communities. Over the next few months, we will conduct site visits to observe the lay of the land for the community boundaries, review a random sample of data submissions, and discuss the data collection experience. On January 20, 2004, Dr. Paul Cotton visited the University of Arkansas at Pine Bluff and met with students, Sylvia Dorsey and Ezim Onyema and faculty, Ms. Bonnie Bradley and Ms. Lucille Meadows. Dr. Ellen Harris visited Southern University on January 24, 2004 and met with students, Tameka Hampton, Tiffany Williams, and Dr. Glenda Johnson. Not only do these visits allow the USDA partners to observe the community data collection setting, we get a one-on-one opportunity to know the students a little better and they us. Several pictures from those visits are below.

Tiffany added, "I like the project because it's showing me how I can work with the community."

"I like the project, but I thought it would be easy when we met last summer in Beltsville," shared Tameka. "It was a little more complicated because our boundary didn't quite fit the definition and we had to decide how to do it."



Dr. Glenda Johnson, Tiffany Williams, and Tameka Hampton
Southern University site visit., January 2004



Tiffanie hard at work entering data



PHOTO GALLERY



A Bundle of Meat



A Walking Path



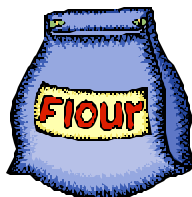
Tailgating at Southern University

HEALTHY EATING RECIPE

HEALTHY BANANA BREAD

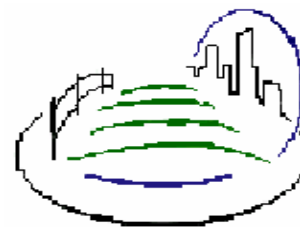
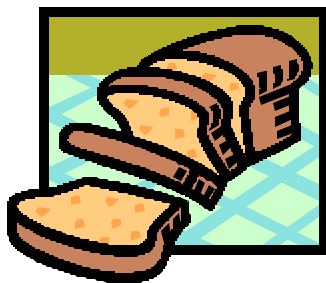
INGREDIENTS

2 1/4 cup	All-purpose flour
2/3 cup	Honey-crunch wheat germ
1/2 cup	Oats, uncooked
1/4 cup	Brown Sugar, packed
1 tb	Baking powder
1/2 tsp	Salt
1/4 tsp	Baking soda
10 tb	Light Corn Oil Spread (1-1/2 sticks)
1 1/2 cup	Mashed Bananas, about 3 medium
6 ounces	Can frozen apple juice concentrate, thawed
1/2 cup	Egg substitute, thawed
1/3 cup	Walnuts, chopped
1 tsp	Vanilla extract



Directions: Preheat oven to 350° F. Grease 9"x5" loaf pan. In large bowl, mix first 7 ingredients. With pastry blender, cut in corn-oil spread until mixture resembles coarse crumbs. Stir in bananas, undiluted apple-juice concentrate, egg substitute, walnuts and vanilla just until flour is moistened. Spoon batter into pan. Bake 60 minutes or until toothpick inserted into center of bread comes out clean. Cool bread in pan on wire rack 10 minutes; remove from pan and cool slightly. Serve warm, or cool completely to serve later. Makes 18 servings.

Exported from Master Cook, www.recipesource.com



Visit us online @

<http://www.ba.ars.usda.gov/cnrg/research/fnsi>

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